**FOODS, FUELS AND ENERGY SYSTEMS WORKSHEET**

**UNIT 3 – VCE PHYSICAL EDUCATION.**

**PHYSIOLOGICAL RESPONSES TO PHYSICAL ACTIVTY**

1. Fill in the table below with 6 low, 6 medium and 6 high GI foods. You will need to look at the following website: <http://www.glycaemicindex.com/>.

|  |  |  |
| --- | --- | --- |
| LOW GI | MED GI | HIGH GI |
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1. Create a meal for an endurance athlete that can be eaten 1 hour before competition.

1. What affect would consuming high GI foods 45-60 mins prior to exercise have on the performance of an endurance athlete?
2. Explain the relationship shown in the table below between exercise intensity and the contribution of carbohydrates and fats.

|  |  |  |
| --- | --- | --- |
| Intensity % MHR | % Carbohydrate | % Fat |
| 65 to 70 | 40 | 60 |
| 70 to 75 | 50 | 50 |
| 75 to 80 | 65 | 35 |
| 80 to 85 | 80 | 20 |
| 85 to 90 | 90 | 10 |
| 90 to 95 | 95 | 5 |
| 100 | 100 | 0 |

http://www.brianmac.co.uk/esource.htm